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ABSTRACT

This multidisciplinary list, which is designed for professionals working with families of young adolescents, and for parents of 10- to 15-year-olds, consists of two annotated bibliographies citing articles on a range of topics. Section 1 contains 97 entries, including resources likely to be of particular interest to parent educators, guidance counselors, youth workers, teachers, researchers, and other professionals. Section 2, which contains 80 entries, offers resources for parents. Entries are listed alphabetically, annotated, and indexed. Index terms range from adolescent development to youth attitudes, with 83 index terms assigned to articles in Section 1, and 51 to articles in Section 2. The following index terms were assigned four or more times: (1) adolescent development; (2) black family; (3) communication; (4) discipline; (5) parent-adolescent relationship; (6) parenting; (7) peer influence; (8) puberty; (9) self-concept; (10) self-esteem; (11) sex education; (12) sex role; (13) sexuality; (14) social development; and (15) stress. (RH)

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FAMILIES WITH YOUNG ADOLESCENTS:

A Resource List

Compiled by
Sue Rosenzweig and Barbara Mineire

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Early adolescence is a time of great physical, emotional, and social growth. It is a challenging period not only for young adolescents but also for the professionals who serve them. The Center for Early Adolescence gives people who care about young adolescents a place to turn to for help and guidance.

We are a national resource center that provides information, training, and resources for advocacy to professionals who work with 10- to 15-year-olds and their families. Our goal is to help adults understand why they should be concerned about young adolescents and how they can encourage young people's healthy growth and development.

Maintaining the flow of information by building a strong network of individuals and organizations is a key mission of the Center. This network allows our information services staff to stay on top of current research in the field. In addition, because the wide-ranging needs of young adolescents call for a broad, interdisciplinary approach, the Center houses an extensive collection of books, periodicals, program materials, curricula, and bibliographies. Our collection is the only one of its kind on early adolescence, unique in its scope and quality.

You can either call or write the Center for the information you need. Each request is answered personally with a tailor-made response. And, if we do not have the right information, we will refer you to someone who does.

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Table of Contents

PAGE

ACKNOWLEDGMENTS i

INTRODUCTION ii

How to Use This Directory ii

RESOURCES FOR PROFESSIONALS 1

Subject Index 27

RESOURCES FOR PARENTS 31

Subject Index 53

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INTRODUCTION

This resource list is for individuals who work with and/or are interested in families with young adolescents, and for parents of 10- to 15-year-olds. It is multidisciplinary, focusing on topics such as adolescent development, health and sexuality, gender and ethnic issues, peer relationships, and risk taking.

The first section contains resources of particular interest to parent educators, guidance counselors, youth workers, teachers, researchers, and other professionals; the second section contains resources for parents.

How to Use this Directory:

The white section contains the list for professionals; the yellow is for parents. Each list has its own subject index. The resources are listed alphabetically, with subject descriptors accompanying each entry.

Families with Young Adolescents: A Resource List

RESOURCES FOR PROFESSIONALS

Abbey-Harris, Nancy. **Family Life Education: Homework for Parents and Teens.** Santa Cruz: Network Publications, 1984.

- FAMILY LIFE EDUCATION
- SEX EDUCATION
- SEXUALITY

Based on the premise that parents are the primary sex educators of their children, this workbook stresses increasing family communication about sexuality as a way to enhance the role of parents in the value formation and guidance of their teens. This curriculum also contains homework activities and is intended as a supplement to school sex education programs.

Adelson, Joseph, ed. **Handbook of Adolescent Psychology.** New York: John Wiley & Sons, 1980.

- ADOLESCENT DEVELOPMENT
- GIFTED ADOLESCENTS
- MORAL DEVELOPMENT

This comprehensive volume of essays presents ideas and findings from the research literature about adolescents. Adelson and others discuss central processes common to adolescence in general, and examine significant variations in adolescence. The chapters include new information about values, moral development, biological research, and gifted adolescents.

Adelson, Joseph. **"Rites of Passage: How Children Learn the Principles of Community."** American Educator, 6, No. 3 (1982), 6+.

- SOCIAL DEVELOPMENT

Adelson reports on the findings of his two studies of the changes in social thinking during the adolescent years, particularly during early adolescence. He identifies five topics of social thinking that change during this period: the conception of community, the growth of principles, the grasp of human psychology, the grasp of social reality, and the conception of law.

Alibrandi, Tom. **Young Alcoholics.** Minneapolis: CompCare Publications, 1978.

- ALCOHOLISM
- SUBSTANCE ABUSE PREVENTION

Alcoholism among teenagers has been rising over the past few years. Often parents and youth workers are unaware of the symptoms of alcoholism and unsure about treatment for young abusers. Alibrandi's book is a no-nonsense look at teenage alcoholism. He explains how parents can identify the symptoms, where to look for the best treatment, and why alcohol abuse education and prevention are important.

Bachrach, Christine A. **"Children in Families: Characteristics of Biological, Step-, and Adopted Children."** Journal of Marriage and the Family, 45 (1983), 171-179.

- ADOPTED CHILDREN
- FAMILY STRUCTURE
- STEPFAMILIES

The author discusses the results of a 1976 study in which children living with biological parents, one or more stepparents, or adoptive parents were compared. Data were collected through interviews with 8,611 mothers ranging in age from 15 to 44.

Baizerman, Michael. **"Can the First Pregnancy of a Young Adolescent Be Prevented? A Question Which Must Be Answered."** Journal of Youth and Adolescence, 6 (1977), 343-351.

- COGNITIVE DEVELOPMENT
- PREGNANCY PREVENTION

The author discusses the ability of 10- to 12-year-old girls to understand the idea of pregnancy/pregnancy prevention. According to Baizerman, the principal factor to consider is the wide variation in cognitive skills which occurs among developing adolescents.

Baumrind, Diana. **"Parental Disciplinary Patterns and Social Competence in Children."** Youth and Society, 9 (1978), 239-276.

- DISCIPLINE

Baumrind reports on the effects of different types of parental authority on child behaviors (e.g., the development of competence, the child's conception of legitimacy of parental authority, change in definition of sex roles as a function of a child's age and pattern of parental authority, and creativity of the child).

Benson, Peter, Dorothy Williams, and Arthur Johnson. **The Quicksilver Years: The Hopes and Fears of Early Adolescence.** San Francisco: Harper & Row, 1987.

- ADOLESCENT DEVELOPMENT
- PARENT-ADOLESCENT RELATIONSHIP
- VALUES
- YOUTH ATTITUDES

This survey, conducted by The Search Institute, represents a compilation of data gathered from 8,000 fifth- to ninth-graders and 11,000 of their parents. The book deals with issues of adolescent development, behavior, social interaction, family communication, and parental influence, and contains many timely statistics and astute observations about young adolescents and their parents.

Billy, John O.G., Joseph Lee Rogers, and J. Richard Udry. **"Adolescent Sexual Behavior and Friendship Choice."** Social Forces, 62 (1984), 653-838.

- SEXUAL DEVELOPMENT
- SOCIAL DEVELOPMENT

Researchers show that female adolescents give more importance to their peers' sexual behavior in choosing friends than do their male counterparts. According to this article, females tend to associate with friends whose sexual behavior matches their own, whereas males tend to give more weight to factors such as grade, age, or race when choosing friends.

Block, Jeanne H. **Sex Role Identity and Ego Development.** San Francisco: Jossey-Bass, 1984.

- SEX DIFFERENCES
- SEX ROLE

Working with the results of a longitudinal study of ego development in children, Block develops a framework for understanding and interpreting gender differences and the psychology of sex roles.

Bowerman, Charles E., and John W. Kinch. **"Changes in Family and Peer Orientation of Children between Fourth and Tenth Grades."** In Adolescent Development. Ed. Martin Gold and Elizabeth Douvan. Boston: Allyn & Bacon, 1969, pp. 137-41.

- PARENT-ADOLESCENT RELATIONSHIP
- PEER INFLUENCE

The authors report on their study of the importance of family and peers to students in the fourth through tenth grades. They found that family norms and values were consistently more important than those of peers, although peer influence affected older students more greatly.

Brooks-Gunn, Jeanne, and Anne C. Petersen, eds. **Girls at Puberty: Biological and Psychosocial Perspectives.** New York: Plenum, 1983.

- MENARCHE
- PUBERTY

This is an important collection of studies that focuses on girls reaching puberty. The studies are current and comprehensive, representing a broad range of disciplines.

Brower, Imogene C. **"Counseling Vietnamese."** The Personnel and Guidance Journal, 58 (1980), 646-652.

- COUNSELING
- IMMIGRANT YOUTH
- VIETNAMESE

Brower describes cultural attributes to help adults understand and work with Vietnamese immigrants. The importance of the proper use of Vietnamese names, the meaning of non-verbal cues, family structure, and attitudes toward sex roles are discussed.

Canfield, Jack, and Harold C. Wells. **100 Ways to Enhance Self-Concept in the Classroom: A Handbook for Teachers and Parents.** Englewood Cliffs, N.J.: Prentice-Hall, 1976.

- SELF-CONCEPT
- SELF-ESTEEM

This handbook consists of 100 exercises designed to stimulate young people to think about themselves in original ways, and to form positive self-images. These thought-provoking ideas may also be used by parents to promote communication within the family.

Casaus, Luis, Miguel Arciniega, and Max Castillo. **Parenting Models and Mexican Americans: A Process Analysis.** Albuquerque: Pajarito Publications, 1982. (Available from: Pajarito Publications, P.O. Box 7264, Albuquerque, NM 87104.)

- FAMILY LIFE
- MEXICAN-AMERICANS

The first two chapters are of particular interest. Chapter 1 provides an historical, psycho-social, and cultural overview of Mexican-American families, while the following chapter looks at the impact of the larger social system on family life.

Chilman, Catherine S., et al. **Adolescent Sexuality in a Changing American Society: Social and Psychological Perspectives for the Human Services Professions.** 2nd ed. New York: John Wiley & Sons, 1983.

- ADOLESCENT PARENTS
- PREGNANCY PREVENTION
- SEXUALITY

The first 10 chapters present a comprehensive review of existing research and theory in the behavioral and social sciences concerning adolescent social development and adolescent sexuality. Subsequent chapters, written by well-known specialists, offer guidelines for family planning, sexuality education, services for pregnant and parenting teens, and discuss implications for future public policy decisions. The final chapter presents case studies which examine adolescents' attitudes towards sexuality and diverse patterns of adolescent sexual behavior.

Clarke, Jean Illsley. **Self-Esteem: A Family Affair.** Minneapolis: Winston Press, 1978.

- COMMUNICATION
- SELF-CONCEPT
- SELF-ESTEEM

The author begins with the premise that "positive self-esteem is important for children, for adults, and for our culture." Through examples taken from eight families, she illustrates ways in which families can promote self-esteem. Material is based on the techniques and theories used in Transactional Analysis. Each chapter deals with a particular age group and provides reference sheets that can be used as activity guides. A leader's guide is available for support groups or workshops.

Coates, Thomas J., Anne C. Petersen, and Cheryl Perry, eds. **Promoting Adolescent Health: A Dialog on Research and Practice.** New York: Academic Press, 1982.

- HEALTH
- NUTRITION
- SEXUALITY
- SUBSTANCE ABUSE

This collection of articles takes a multidisciplinary approach to adolescent health. The contributors discuss several problem areas, including smoking, sexuality, health-risk eating behaviors, and drugs and alcohol.

Coleman, John C. **"Current Contradictions in Adolescent Theory."** Journal of Youth and Adolescence, 7 (1978), 1-11.

- ADOLESCENT DEVELOPMENT

The "classical" view of adolescence as a time of "storm and stress" is compared to the empirical view that supports the concept of adolescence as relatively peaceful and harmonious.

Coles, Robert, and Geoffrey Stokes. **Sex and the American Teenager.** New York: Harper & Row, 1985.

- SEXUALITY
- YOUTH ATTITUDES

Based on a survey of 1,067 teenagers, and personal interviews with a number of the participants, the authors paint a detailed, intimate portrait of teens' attitudes towards sex, love, their own sexuality, and their sexual behavior. This book provides guidance for parents and adolescents as well as information that is valuable to policymakers and others concerned with sex education, birth control, and family planning.

Communicating with Youth about Alcohol: Methods, Messages, & Materials. Rockville, Md.: National Institute on Alcohol Abuse and Alcoholism, 1986.

- ALCOHOL EDUCATION
- SUBSTANCE ABUSE PREVENTION

This handbook, commissioned by the National Institute on Alcohol Abuse and Alcoholism, addresses the problem of alcohol abuse among teenagers and offers suggestions for concerned professionals.

Conger, John Janeway. **Adolescence and Youth: Psychological Development in a Changing World.** 2nd ed. New York: Harper & Row, 1977.

- ADOLESCENT DEVELOPMENT

Conger presents a comprehensive discussion of youth in contemporary society. Solidly based in empirical research, Conger includes discussions of adolescent development, drugs, peers, family, values, sexuality, vocations, and moral development.

Csikszentmihalyi, Mihaly, and Reed Larson. **Being Adolescent: Conflict and Growth in the Teenage Years.** New York: Basic Books, 1984.

- ADOLESCENT LIFESTYLE
- BEHAVIOR
- EMOTIONAL DEVELOPMENT

This book is the result of a survey of 75 teenagers who carried beepers for one week and were asked to fill out questionnaires each time they were paged. The authors present their findings using charts and graphs, amplifying the data with narrative material obtained from the questionnaires. The result is a portrait of behavior, inner feelings, and daily activity of this group of adolescents.

Damon, William. **Social and Personality Development: Infancy through Adolescence.** New York: Norton, 1983.

- EMOTIONAL DEVELOPMENT
- PERSONALITY
- SOCIAL DEVELOPMENT

The author traces the chronological development of the child from infancy through adolescence. At the same time, he explores major events which shape personality, and outside influences that affect the processes of socialization and self-discovery. He addresses a wide range of issues such as adolescent rebelliousness, sexual mores among teenagers, and parental influence.

Davis, Sally M., and Mary B. Harris. **"Adolescents' Questions about Sex."** Journal of Adolescent Health Care, 4 (1983), 225-229.

- SEX EDUCATION

The authors review data gathered from 288 students ranging in age from 11 to 18 about the types of questions these students would like to have addressed in a sex education class. The authors reached the conclusion that young people should be interviewed, and their questions taken into consideration before such classes are planned or conducted.

Diamond, Susan Arnsberg. **Helping the Children of Divorce: A Handbook for Parents and Teachers.** New York: Schocken Press, 1985.

- DIVORCE
- PARENT-SCHOOL RELATIONSHIP

This practical guide offers suggestions to school personnel about ways to recognize and meet the particular needs of children whose parents are divorced. It also suggests to single parents ways in which they can communicate more successfully with their children's schools. Checklists for teachers, parents, administrators, and counselors, and an annotated bibliography of additional resources are particularly useful.

Dillard, John M. **Multicultural Counseling: Toward Ethnic and Cultural Relevance in Human Encounters.** Chicago: Nelson-Hall, 1983.

- MULTICULTURAL COUNSELING

The author presents a process for multicultural counseling which allows for the variations in values and behavior of members of different ethnic groups, including Native Americans, Puerto Ricans, Mexican-Americans, Chinese, Vietnamese, and Southern Appalachian Anglo-Americans.

Dorman, Gayle, Dick Geldof, and Bill Scarborough. **Living with 10- to 15-Year-Olds: A Parent Education Curriculum.** Carrboro, N.C.: Center for Early Adolescence, University of North Carolina at Chapel Hill, 1982.

- ADOLESCENT DEVELOPMENT
- COMMUNICATION
- PARENTING
- RISK TAKING
- SEXUALITY

A flexible curriculum that focuses on four topics of particular interest to parents of young teenagers: Living with 10- to 15-Year-Olds, Parents and Young Adolescents: Talking About Sex, Risk-Taking Behavior and Young Adolescents, and Understanding Early Adolescence: An Overview. It can be used to conduct either full-scale community conferences or informal parent discussion/support groups, and is specially designed for use by local organizations using local resources.

Early Adolescence Research Agenda for the 1980's. The Journal of Early Adolescence, 3 (Spring/Summer 1983).

- ADOLESCENT DEVELOPMENT
- PUBERTY
- SELF-ESTEEM
- SEXUALITY

This special issue features presentations by experts in adolescent studies given at the First Biennial Conference on Adolescent Research. Contributors discuss a variety of topics related to adolescent development, including education, sexuality, and family relationships. Conference summaries and a special book review section are also included.

Elkind, David. **All Grown Up & No Place to Go: Teenagers in Crisis.** Reading, Mass.: Addison-Wesley, 1984.

- ADOLESCENT DEVELOPMENT
- SOCIAL DEVELOPMENT

Continuing to focus on the "hurried child," Elkind discusses the consequences of rushing children into premature adulthood. He describes his book as "child psychology for intelligent parents."

Elkind, David. **"Egocentrism in Adolescence."** Child Development, 38 (1967), 1025-1034.

- EGOCENTRISM
- SELF-CONCEPT

Elkind discusses the "imaginary audience" and the "personal fable," the two forms of egocentrism that characterize adolescent behavior.

Elkind, David. **The Hurried Child: Growing Up Too Fast, Too Soon.** Reading, Mass.: Addison-Wesley, 1981.

- MENTAL HEALTH
- SOCIAL DEVELOPMENT
- STRESS

Indicting parents, the media, and schools, Elkind believes that American children are growing up too fast. In the first half of this book, Elkind presents a portrait of childhood and advances the idea that hurrying children prevents them from being children. The second part deals with the stress caused by hurrying development and how childhood stress is soon replaced by adult anxiety. His observations are primarily of white, middle-class children.

Elkind, David. **"Understanding the Young Adolescent."** Adolescence, 13 (1978), 127-134.

- COGNITIVE DEVELOPMENT

Elkind reviews Piaget's theory of intellectual maturity and relates it to affective and cognitive development in young adolescents.

Elliot, Gregory C. **"Self-Esteem and Self-Presentation among the Young as a Function of Age and Gender."** Journal of Youth and Adolescence, 11 (1982), 135-153.

- SELF-CONCEPT
- SELF-ESTEEM
- SEX DIFFERENCES

The author presents conclusions of research concerning the correlation of self-image to the presentation of a facade by adolescent boys and girls, and the changes in this behavior according to age and sex differences.

Fantini, Mario D., and Rene Cardenas. **Parenting in a Multicultural Society.** New York: Longman, 1980.

- ETHNIC GROUPS
- PARENTING

The unifying theme of this anthology is the concept of cultural pluralism--a recognition of community values, the dignity inherent in local cultural customs, and the need for tolerance in relating to cultural diversity. Part two, "Parenting in a Multicultural Society," contains chapters on blacks, Mexican-Americans, Asians, and Puerto Ricans that include useful background information.

Farel, Anita M. **Early Adolescence and Religion: A Status Study.** Carrboro, N.C.: Center for Early Adolescence, University of North Carolina at Chapel Hill, 1982.

- RELIGIOUS DEVELOPMENT

The author reviews the existing research on adolescent religious development and attitudes, outlines the characteristics of responsive religious activities, and describes a variety of church and synagogue youth programs.

Farel, Anita M. **Early Adolescence: What Parents Need to Know.** Carrboro, N.C.: Center for Early Adolescence, University of North Carolina at Chapel Hill, 1982.

- ADOLESCENT DEVELOPMENT
- PARENTING

This booklet discusses some of the special challenges facing 10- to 15-year-olds and identifies information parents want and need to know as their children approach adolescence. An annotated bibliography is also included.

Galloway, Charles M., ed. **"Early Adolescence: A New Look."** Theory into Practice, 22, No. 2 (Spring 1983). Quarterly journal published by the College of Education, Ohio State University.

- ADOLESCENT DEVELOPMENT
- PUBERTY
- SEX ROLE

The entire edition covers diverse topics related to most aspects of adolescent development as well as educational and social issues. Specific articles also cover sex role development, effects of maternal employment, and research on teenage pregnancy.

Ghali, Sonia Badillo. **"Understanding Puerto Rican Traditions."** Social Work, 27 (1982), 98-102.

- FAMILY LIFE
- PUERTO RICANS

The traditions and culture of the Puerto Rican community, including traditional parenting styles, the development of self-image, and social customs, provide background information that is crucial for individuals working with this population.

Gilligan, Carol. **In a Different Voice: Psychological Theory and Women's Development.** Cambridge: Harvard University Press, 1982.

- FEMALE PSYCHOLOGY
- MORAL DEVELOPMENT

This book about moral development is based on Gilligan's study of women, their moral choices, and conflict. In theoretical constructs of human development, psychologists historically have emphasized autonomy and separation, which are more characteristic of male development. As a result, female moral development, which focuses on the importance of human relations, has been seen consistently as inferior to male moral development. Gilligan discusses this hidden research bias and argues for a broader view of moral development that regards the "different voice" of women's moral concerns as a human strength.

Glynn, Thomas J. **"From Family to Peer: A Review of Transitions of Influence among Drug-Using Youth."** Journal of Youth and Adolescence, 10 (1981), 363-383.

- FAMILY ROLE
- PEER INFLUENCE
- SUBSTANCE ABUSE

The author reviews research concerning relative and independent influences of family and peers upon adolescent drug use. Although he does not focus specifically on early adolescence, his explanation of the three stages of drug use provides a useful framework for understanding the pressures faced by many 10- to 15-year-olds.

Goldman, Ronald. **Religious Thinking from Childhood to Adolescence.** New York: The Seabury Press, 1964.

- RELIGIOUS DEVELOPMENT

This book describes the ability of students 6 to 17 years of age to understand religious concepts. Goldman examines the development of religious thinking within the context of the maturation of youngsters' cognitive processes and presents the implications of his findings for religious education.

Golub, Sharon. **Menarche, the Transition from Girl to Woman.** Lexington, Mass.: Lexington Books, 1983.

- MENARCHE
- MENSTRUATION

This work is an outgrowth of an interdisciplinary research conference on menarche. Contributors represent the physical and social sciences, medicine, nursing, education, and the humanities. A large number of charts and tables support the wide range of topics related to female physical maturation and menarche.

Gonzalez, Alex. **"Sex Roles of the Traditional Mexican Family: A Comparison of Chicano and Anglo Students' Attitudes."** Journal of Cross-Cultural Psychology, 13 (1982), 330-339.

- HISPANIC YOUTH
- SEX ROLE

The results of this study indicate that ethnic background and gender are important factors to consider when analyzing sex roles.

Grotevant, Harold D., and Catherine R. Cooper, eds. **Adolescent Development in the Family.** San Francisco: Jossey-Bass, 1983.

- ADOLESCENT DEVELOPMENT
- FAMILY ROLE
- PARENT-ADOLESCENT RELATIONSHIP

As part of the series, "New Directions for Child Development," the six articles in this edition are based on research in the disciplines of psychology, psychiatry, family therapy, and sociology. The areas of investigation are related to family dynamics and the influence of the family, primarily focusing on the adolescent members. The editors chose articles that would highlight both the similarities and the differences in the researchers' findings.

Hale, Janet. **"The Black Woman and Child Rearing."** In The Black Woman. Beverly Hills: Sage, 1980, pp. 79-87.

- BLACK FAMILY
- CHILD REARING

The dynamics of black child-rearing practices have shed light on some of the conflicts black children have in other social contexts. This readable book can help workers interpret and understand the behavioral characteristics of black children.

Hauser, James. **"Adolescents and Religion."** Adolescence, 16, (1981), 309-320.

- RELIGIOUS DEVELOPMENT

Hauser examines the influences at work in the adolescent's search for a set of religious beliefs that will provide meaning and purpose in life. These influences include participation in organized religion and parental example. Hauser concludes with an examination of the meaning of cult membership to some adolescents.

Hill, John P. **Understanding Early Adolescence: A Framework.** Carrboro, N.C.: Center for Early Adolescence, University of North Carolina at Chapel Hill, 1980.

- ADOLESCENT DEVELOPMENT

This book helps the reader see young adolescents in the environments that are part of their daily lives--schools, families, peer groups, and communities. In each of these settings, the young person undertakes vital developmental tasks that will lead to adulthood. Hill tells the concerned professional, parent, or policymaker what is known about the primary and secondary changes of early adolescence that lead to healthy growth and maturation. A bibliography is also included.

Hill, Robert B. **The Strengths of Black Families.** New York: Emerson Hall, 1972.

- BLACK FAMILY

In this National Urban League Research Study, Hill strips away the myths and stereotypes that have been attached to the black family by rigorously analyzing and disclosing the weaknesses and biases of previous studies.

Inazu, Judith K., and Greer Litton Fox. **"Maternal Influence on the Sexual Behavior of Teen-Age Daughters: Direct and Indirect Sources."** Journal of Family Issues, 1 (1980), 81-102.

- PARENT ROLE
- SEXUAL DEVELOPMENT

Research shows that mothers who provide a strong role model for their daughters have more influence over their daughters' sexual behavior than do mothers who only engage in direct or verbal sexual instruction and/or monitoring of their children's activities.

Jewett, Claudia L. **Helping Children Cope with Separation and Loss.** Boston: Harvard Common Press, 1982.

- COPING
- DEATH
- DIVORCE

The author, a family therapist, presents practical techniques that parents, guardians, and professionals can use to help children cope with parental absence due to factors such as death, divorce, foster care, or adoption.

Johnson, Mauritz, ed. **Toward Adolescence: The Middle School Years.** Chicago: University of Chicago Press, 1980.

- ADOLESCENT DEVELOPMENT

In this compilation of essays, experts in the field of adolescent behavior explore the wide spectrum of issues that affect adolescent growth and development. One section covers the age group and their environment; a second section discusses areas of intervention; and a third explains research methods. The last chapter discusses the role of the middle school in adolescent development.

Kagan, Jerome, et al. **Twelve to Sixteen: Early Adolescence** New York: Norton, 1972. (Also published in Daedalus, 100, No. 4 [1971].)

- PHYSICAL DEVELOPMENT
- PSYCHOLOGICAL DEVELOPMENT
- SOCIAL DEVELOPMENT

This special issue of Daedalus gives a good historical view of adolescence in general and early adolescence in particular. Other topics include physical, social, and psychological development in early adolescence.

Kandel, Denise B., and Gerald S. Lesser. **Youth in Two Worlds: United States and Denmark.** San Francisco: Jossey-Bass, 1972. (Available from: Books on Demand, University Microfilms International, 300 North Zeeb Rd., Ann Arbor, MI 48106.)

- PARENT-ADOLESCENT RELATIONSHIP
- PEER RELATIONSHIPS

This comparative study of adolescents from the United States and Denmark examines 1) whether adolescents hold values distinct from their parents and 2) whether adolescents establish a society of peers separate from the one in which adults live. Results indicate that the generation gap is greatly exaggerated and, in fact, most adolescents express the same values as their parents, turning to their parents for help in solving problems and to peers for companionship.

Kellam, Sheppard G., Margaret E. Ensminger, and R. Jay Turner. **"Family Structure and the Mental Health of Children: Concurrent and Longitudinal Community-Wide Studies."** Archives of General Psychiatry, 34 (1977), 1012-1022.

- FAMILY ENVIRONMENT
- FAMILY RELATIONSHIP
- FAMILY STRUCTURE
- MENTAL HEALTH

This study outlines the relationships of a number of families living in a low income, urban neighborhood, and discusses the effect of particular family structures on the mental health of the child members.

Konopka, Gisela. **"Requirements for Healthy Development of Adolescent Youth."** Adolescence, 8, No. 31 (1973), 291-316. (Also available from the Center for Early Adolescence.)

- ADOLESCENT DEVELOPMENT
- SOCIALIZATION

The author identifies eight conditions essential to the healthy development of youth, including interacting with peers and acquiring a sense of belonging; gaining experience in decision making; and discussing conflicting values and formulating value systems.

Konopka, Gisela. **Young Girls: A Portrait of Adolescence.** Englewood Cliffs, N.J.: Prentice-Hall, 1976.

- FEMALE PSYCHOLOGY

This book is a result of research conducted by Konopka and her colleagues, who interviewed almost 1,000 young women ages 12 to 18. The author describes young women's views on many different aspects of adolescence such as sexuality, life goals, schools, youth organizations, and friends.

Larson, Jeffry H., James O. Anderson, and Ann Morgan. **Effective Stepparenting: Workshop Models for Family Life Education.** New York: Family Service America, 1984.

- FAMILIES
- STEPPARENTING

This manual was developed to fill the need for a parenting workshop model addressed to the particular needs of stepparents. Preliminary chapters include an introduction to the stress associated with being a stepparent, an introduction to the Effective Stepparenting Program, and an overview of the course. The eight group sessions and a one-month follow-up meeting are detailed in the final chapters. A lengthy bibliography of resources for parents is included.

Lerner, Richard M., and Nancy L. Galambos, eds. **Experiencing Adolescents: A Sourcebook for Parents, Teachers, and Teens.** New York: Garland, 1984.

- ADOLESCENT DEVELOPMENT
- HEALTH
- PARENTING
- PEER RELATIONSHIPS
- SUBSTANCE ABUSE

This work provides a scholarly review of the literature on various aspects of adolescent development, and details suggestions for dealing with these issues. It includes a resource list and an annotated reference list.

Lewis, Charles E., and Mary Ann Lewis. **"Peer Pressure and Risk-Taking Behaviors in Children."** American Journal of Public Health, 74 (1984), 580-584.

- PEER INFLUENCE
- RISK TAKING

The authors conducted a study involving 771 fifth- to eighth-graders to explore the ability of children to influence behavior, especially problem behavior and risk taking, among their peers. The junior high school is almost twice as common a site for responding to challenges as the elementary school, with most dared behavior resulting from peer pressure occurring in the eighth grade.

Lipsitz, Joan. **"Adolescent Development: Myths and Realities."** Children Today, 8, No. 5 (1979), 2-7. (Also available from the Center for Early Adolescence.)

- ADOLESCENT DEVELOPMENT

This article discusses how society's stereotype portrays adolescence as a pathological condition and why this portrayal is false. Lipsitz describes the developmental tasks faced by young adolescents, with a view toward increasing knowledge about this special age group.

McAdoo, Harriette Pipes, and John Lewis McAdoo, eds. **Black Children: Social, Educational, and Parental Environments.** Beverly Hills: Sage, 1985.

- BLACK FAMILY

This series of essays represents an examination of the influence of the black American family on its children, and the often conflicting influence of society. The authors explore the resulting duality of behavior among black children in four environments: socio-economic, educational, parental, and internal while exploding many of the myths that surround black childhood.

McCall, Robert B., and S. Holly Stocking. **Divorce: A Summary of Research about the Effects of Divorce on Families.** Boys Town, Nebr.: The Boys Town Center, 1980.

- DIVORCE

This booklet discusses recent findings on divorce and its impact on adults and their children as well as on those who work with them, such as counselors, clergy, lawyers, physicians, teachers, and others who are in a position to advise those in marital conflict or divorce.

Mindel, Charles H., and Robert W. Habenstein. **Ethnic Families in America: Patterns and Variations.** 2nd ed. New York: Elsevier, 1981.

- ETHNIC GROUPS
- FAMILY LIFE

This collection focuses on different ethnic and racial groups in America and includes comprehensive articles on Native Americans, Puerto Ricans, Chinese, Greeks, Arabs, blacks, and Mexican-Americans.

Mirande, Alfredo. **"A Reinterpretation of Male Dominance in the Chicano Family."** The Family Coordinator, 28 (1979), 473-479.

- HISPANIC AMERICANS
- SEX ROLE

The traditional view of the Chicano family as patriarchal is not supported by the recent research studies that the author reviews.

Montemayor, Raymond. **"The Relationship between Parent-Adolescent Conflict and the Amount of Time Adolescents Spend Alone and with Parents and Peers."** Child Development, 53 (1982), 1512-1519.

- PARENT-ADOLESCENT RELATIONSHIP
- PEER INFLUENCE

The results of the author's research contradict the popular beliefs that increased peer orientation is associated with parent-adolescent conflict and decreased parent involvement.

Mosher, Ralph L., ed. **Adolescents' Development and Education: A Janus Knot.** Berkeley: McCutchan, 1979.

- ADOLESCENT DEVELOPMENT
- COGNITIVE DEVELOPMENT

This collection of essays includes selections on adolescent development written by experts. The author's primary aim is "to present a summary of current developmental knowledge of adolescents and how they grow as well as to describe and analyze some of the new educational programs intended to stimulate their all-around growth." Later chapters describe the adolescent as student, and emphasize the role of education in the cognitive development of the age group.

Newcomer, Susan F., and J. Richard Udry. **"Mothers' Influence on the Sexual Behavior of Their Teenage Children."** Journal of Marriage and the Family, 46 (1984), 477-485.

- PARENT-ADOLESCENT RELATIONSHIP
- SEXUALITY

This study examines the effect of mothers' teenage sexual experience, their present attitudes towards sexuality and appropriate adolescent sexual behavior, and the communication of these attitudes to their children. The authors compare the relative weight of passive and genetic influences to verbal communication of mothers' values to their children.

Newman, Joan. **"Adolescents: Why They Can Be So Obnoxious."** Adolescence, 20 (1985), 635-645.

- ADOLESCENT DEVELOPMENT
- BEHAVIOR

This paper describes a number of adolescent behaviors which parents and educators find "obnoxious." The author explains why normal adolescents engage in such behavior at certain periods in their development, taking into account inconsistancies in normal adolescent development. Suggestions for dealing

positively with the sometimes difficult and exasperating behavior of adolescents are offered.

Nielsen, Linda. **How to Motivate Adolescents: A Guide for Parents, Teachers, and Counselors.** Englewood Cliffs, N.J.: Prentice-Hall, 1982.

- MOTIVATION
- MOTIVATIONAL TECHNIQUES

This practical guidebook presents specific methods of encouraging adolescents to improve their schoolwork and behavior. Many techniques are presented to help adolescents develop self management skills, understand themselves, and assist those who are experiencing school anxiety and/or learning disabilities. Suggestions to engage families and friends in stimulating motivation are also presented. Most of the material is addressed to youth workers and educators, but some chapters are meant to be of help to parents and young people as well.

Norman, Jane, and Myron W. Harris. **The Private Life of the American Teenager.** New York: Rawson, Wade, 1981.

- YOUTH ATTITUDES

This book is the result of a survey of more than 160,000 13- to 18-year-olds, as well as 100 extensive personal interviews conducted by the authors. Statements made by these young people, and statistics compiled from their completed questionnaires, help to reveal emotions and aspects of American teenagers' lives that are not often shared with adults. A wide array of topics ranging from social, family, and school life to hopes and fears for the future are addressed.

Offer, Daniel, Eric Ostrov, and Kenneth I. Howard. **The Adolescent: A Psychological Self-Portrait.** New York: Basic Books, 1981.

- PSYCHOLOGICAL DEVELOPMENT
- PSYCHOLOGICAL NEEDS

This book refutes the impression of widespread teenage sadness and turmoil. A research team sent questionnaires to 20,000 teenagers and selected a representative sample of 1,300 normal high school students for the current analysis. Other analyses by the team looked at delinquent teenagers and at the mentally and physically ill. The authors claim that 85 percent of the adolescents they interviewed in their research reported being happy most of the time.

Offer, Daniel, Eric Ostrov, and Kenneth I. Howard, eds. **Patterns of Adolescent Self-Image.** New Directions for Mental Health Services Series, No. 22. San Francisco: Jossey-Bass, 1984.

- PSYCHOLOGICAL DEVELOPMENT
- SELF-CONCEPT

Essays in this volume provide information on the diverse ways adolescents see themselves, and describe the differences in perception between the mentally healthy and the mentally- or emotionally-disturbed adolescent. According to the editors, "this volume strives to enrich understanding of the experience of today's adolescents for those adults who interact with them, whether in schools, the community, mental health clinics, or the home environment."

Powell, Gloria Johnson, ed. **The Psychosocial Development of Minority Group Children.** New York: Brunner/Mazel, 1983.

- MINORITY YOUTH
- PSYCHOLOGICAL DEVELOPMENT

This comprehensive work is the outgrowth of a seminar presented by Powell on the growth and development of minority group children. The book is divided into the following six sections: 1) The Health Status of Minority Group Children; 2) Psychosocial Development; 3) Family Life Patterns; 4) Mental Health Issues for Minority Group Children; 5) Educational Issues Regarding Minority Group Children; 6) Research and Social Policy.

Red Horse, John G. **"Family Structure and Value Orientation in American Indians."** Social Casework, 61 (1980), 462-467.

- AMERICAN INDIANS
- FAMILY STRUCTURE

This article underscores the importance of the role played by the extended family in American Indian life.

Remarriage and Stepparenting. Family Relations, 33, No. 3 (1984).

- STEPFAMILIES
- STEPPARENTING

Contributors to this special issue of Family Relations discuss various aspects of remarriage and stepfamilies.

Riddle, Patricia K. **"Helping Parents Become Sex Educators."** Children Today, 13, No. 1 (1984), 9-11.

- FAMILY LIFE EDUCATION
- SEXUALITY

This article describes a three-part program designed to facilitate parent-child communication about sexuality. Statistics included in the article demonstrate that parents are still the primary sex educators of their children and still preferred, by children, to fulfill that role.

Rierdan, Jill, and Elissa Koff. **"The Psychological Impact of Menarche: Integrative Versus Disruptive Changes."** Journal of Youth and Adolescence, 9 (1980), 49-58.

- MENARCHE
- PUBERTY

This article discusses the impact of menarche on adolescent females as a positive rather than a "disruptive" factor in the course of physical development during puberty, and one which helps the adolescent females to reach a greater understanding of their sexual identification.

Riley, Theo, Gerald R. Adams, and Elwin Nielsen. **"Adolescent Egocentrism: The Association among Imaginary Audience Behavior, Cognitive Development, and Parental Support and Rejection."** Journal of Youth and Adolescence, 13 (1984), 401-417.

- EGOCENTRISM
- IMAGINARY AUDIENCE

This research illustrates ways in which cognitive development, and social and parental relations, appear to be associated with self-consciousness or egocentrism during early adolescence.

Schowalter, John E., and Walter R. Anyan, Jr. **The Family Handbook of Adolescence.** New York: Alfred A. Knopf, 1979.

- ADOLESCENT DEVELOPMENT
- HEALTH
- PUBERTY

A child psychiatrist and a pediatrician offer straightforward, reliable, specific information for parents and adolescents. This book covers health, parental issues, psychological problems, physical and emotional development, and sexual maturation and sexuality.

Schwarz, Meg, ed. **TV & Teens: Experts Look at the Issues.** Reading, Mass.: Addison-Wesley, 1982.

- TELEVISION RESEARCH
- TELEVISION VIEWING

This book of essays deals with television's potential to influence the attitudes and actions of today's adolescents and describes the ways in which television has succeeded in meeting their needs, and the ways it has failed them.

Seltzer, Vivian Center. **Adolescent Social Development: Dynamic Functional Interaction.** Lexington, Mass.: Lexington Books, 1982.

- PEER INFLUENCE
- SOCIAL DEVELOPMENT

Seltzer discusses the adolescent's search for identity and analyzes the cognitive and social processes involved in the search. She proposes that the peer group is the primary force behind social development, allowing adolescents a continual process of comparison, assessment, and evaluation of their social skills.

Single Parents and Their Families: A Guide to Involving School and Community. Chicago: The National PTA, 1983.

- ONE PARENT FAMILY

This handbook gives statistics about one parent families in the United States today and projections for the future. Contributors offer concrete suggestions to help schools involve the family and the community in programs that will ease the transition of children and young adolescents to a single parent situation as well as to promote an understanding of the problems and stress involved in being a single parent or a member of a single parent household.

Smith, Peggy B., and David M. Mumford, eds. **Adolescent Reproductive Health: Handbook for the Health Professional.** New York: Gardner Press, 1985.

- PREGNANCY PREVENTION
- SEXUALITY

This comprehensive work contains information about adolescent sexuality, reproductive health, available legal and administrative services, suggestions for counseling adolescents about contraceptive or sexual decisions, and essays on the politics of sex education and economic considerations. Recent statistics and research on adolescent sexuality and health care are interspersed throughout the text.

Snyder, Susan Untener, and Sol Gordon, eds. **Parents as Sexuality Educators: An Annotated Print and Audiovisual Bibliography for Professionals and Parents (1970-1984).** Phoenix: Oryx Press, 1984.

- PARENTING
- SEX EDUCATION
- SEXUALITY

This wide-ranging bibliography includes resources for selected audiences and "special parent/family situations," as well as materials in Spanish, and a list of organizational sources of information.

Sommer, Barbara Baker. **Puberty and Adolescence.** New York: Oxford University Press, 1978.

- ADOLESCENT DEVELOPMENT
- PUBERTY

This book presents an overview of puberty that includes information from the fields of biology, psychology, and anthropology. The author focuses on some of the special characteristics of early adolescence.

Staples, Robert, and Alfredo Mirande. **"Racial and Cultural Variations among American Families: A Decennial Review of the Literature on Minority Families."** Journal of Marriage and the Family, 42 (1980), 887-903.

- FAMILY LIFE
- MINORITY FAMILIES

Using a thematic approach, the authors review research on Asian, black, Chicano, and Native American families.

Steinberg, Laurence D. **Understanding Families with Young Adolescents.** Carrboro, N.C.: Center for Early Adolescence, University of North Carolina at Chapel Hill, 1980.

- ADOLESCENT DEVELOPMENT
- FAMILY RELATIONSHIP

This book will help professionals who work with young teens and their families recognize and react to the needs and concerns of mid-life parents and their children. Steinberg describes the developmental changes that occur in adolescence and mid-life and shows how these changes transform family relationships. He explores the difference between healthy family disequilibrium and potentially harmful dysfunction. A bibliographic essay and reference list offers additional resources for practitioners.

Sugar, Max, ed. **Female Adolescent Development.** New York: Brunner/Mazel, 1979.

- ADOLESCENT DEVELOPMENT
- FEMALES

This is a compilation of readings on various aspects of female adolescent development, including biological, social, and psychological development. It includes important contributions on pubertal and cognitive development.

Tanner, James M. **Fetus into Man: Physical Growth from Conception to Maturity.** Cambridge: Harvard University Press, 1978.

- PHYSICAL DEVELOPMENT
- PUBERTY

Beginning with cells and growth before birth, Tanner provides a comprehensive picture of physical growth to puberty along with a discussion of psychological and sociological problems of early and late maturers. Tanner's growth charts are included.

Tessler, Diane Jane. **Drugs, Kids, and Schools: Practical Strategies for Educators and Other Concerned Adults.** Santa Monica: Goodyear, 1980.

- DRUG EDUCATION
- SUBSTANCE ABUSE PREVENTION

Educators and parents concerned about drug use in their communities will appreciate Tessler's direct approach. She presents a broad range of information about drugs and proposes ideas for drug education programs. This material is designed to educate adults about substance abuse and to describe ways community agencies cooperatively can provide drug abuse prevention programs. The author includes a resource list of drug information agencies.

Tweddell, Millie. **Parents & Adolescents: The Journey and the Voyage of Life.** New York: United Presbyterian Church, 1981. (Available from: United Presbyterian Church, 475 Riverside Dr., Room 1101, New York, NY 10115.)

- ADOLESCENT DEVELOPMENT
- PARENT-ADOLESCENT RELATIONSHIP

The developmental stages of 11- to 14-year-olds and their parents are described in this resource for parents and leaders of young adolescents. The author compares the developmental stages of both generations and focuses on the importance of developing communication skills for better family relationships.

Werner, Emmy E., and Ruth S. Smith. **Vulnerable but Invincible: A Longitudinal Study of Resilient Children and Youth.** New York: McGraw-Hill, 1982.

- DISADVANTAGED YOUTH

The authors followed a multiracial group of 698 culturally, emotionally, and/or socially deprived children from infancy through young adulthood in order to discover why "some children are able to overcome a home environment of extreme poverty and parental psychopathology."

Wilcox, Mary M. **Developmental Journey: A Guide to Development of Logic and Moral Reasoning and Social Perspective.** Nashville: Abingdon Press, 1979.

- ADOLESCENT DEVELOPMENT
- MORAL DEVELOPMENT

Wilcox suggests that the process of developing a value system and of decision-making are part of a gradual developmental journey that builds on logical reasoning (Piaget), moral reasoning (Kohlberg), and faith development (Fowler). Two chapters pertain specifically to adolescent development; three chapters describe the practical application of her theory.

Willie, Charles Vert. **A New Look at Black Families.** 2nd ed. Bayside, N.Y.: General Hall, 1981.

- BLACK FAMILY

Using a case study approach, this book examines what it is like to be black in the United States. All socioeconomic classes of blacks are included--affluent, working class, and poor.

Youniss, James. **Parents and Peers in Social Development.** Chicago: University of Chicago Press, 1980.

- PARENT-ADOLESCENT RELATIONSHIP
- PEER INFLUENCE
- SOCIAL DEVELOPMENT

This book is about children's understanding of their relationships with peers, parents, and other significant adults. The author expands on the theories of Sullivan and Piaget, speculating that relations with adults and peers are of equal importance in the successful social development of children.

Youniss, James, and Jacqueline Smollar. **Adolescent Relations with Mothers, Fathers, and Friends.** Chicago: University of Chicago Press, 1985.

- PARENT-ADOLESCENT RELATIONSHIP
- PEER INFLUENCE

Youniss continues his previous research in adolescent social development, with in-depth studies of individual relationships with mothers, fathers, and peers. White, middle-class adolescents comprise the target group.

Subject Index

ADOLESCENT DEVELOPMENT 1, 3, 6, 8, 9, 10, 11, 13, 14, 15, 16, 17, 18, 21, 23, 24, 25

ADOLESCENT LIFESTYLE 7

ADOLESCENT PARENTS 5

ADOPTED CHILDREN 2

ALCOHOL EDUCATION 6

ALCOHOLISM 2

AMERICAN INDIANS 20

BEHAVIOR 7, 18

BLACK FAMILY 13, 14, 17, 25

CHILD REARING 13

COGNITIVE DEVELOPMENT 2, 9, 18

COMMUNICATION 5, 8

COPING 14

COUNSELING 4

DEATH 14

DISADVANTAGED YOUTH 25

DISCIPLINE 2

DIVORCE 7, 14, 17

DRUG EDUCATION 24

EGOCENTRISM 9, 21

EMOTIONAL DEVELOPMENT 7

ETHNIC GROUPS 10, 17

FAMILIES 16

FAMILY ENVIRONMENT 15

FAMILY LIFE 4, 11, 17, 23

FAMILY LIFE EDUCATION 1, 21

FAMILY RELATIONSHIP 15, 23

FAMILY ROLE 12, 13

FAMILY STRUCTURE 2, 15, 20

FEMALE PSYCHOLOGY 11, 16

FEMALES 24

GIFTED ADOLESCENTS 1

HEALTH 5, 16, 21

HISPANIC AMERICANS 17

HISPANIC YOUTH 12

IMAGINARY AUDIENCE 21

IMMIGRANT YOUTH 4

MENARCHE 4, 12, 21

MENSTRUATION 12

MENTAL HEALTH 9, 15

MEXICAN-AMERICANS 4

MINORITY FAMILIES 23

MINORITY YOUTH 20

MORAL DEVELOPMENT 1, 11, 25

MOTIVATION 19

MOTIVATIONAL TECHNIQUES 19

MULTICULTURAL COUNSELING 8

NUTRITION 5

ONE PARENT FAMILY 22

PARENT ROLE 14

PARENT-ADOLESCENT RELATIONSHIP 3, 13, 15, 18, 24, 25, 26

PARENT-SCHOOL RELATIONSHIP 7

PARENTING 8, 10, 16, 23

PEER INFLUENCE 3, 12, 16, 18, 22, 25, 26

PEER RELATIONSHIPS 15, 16

PERSONALITY 7

PHYSICAL DEVELOPMENT 15, 24

PREGNANCY PREVENTION 2, 5, 22

PSYCHOLOGICAL DEVELOPMENT 15, 19, 20

PSYCHOLOGICAL NEEDS 19

PUBERTY 4, 8, 11, 21, 23, 24

PUERTO RICANS 11

RELIGIOUS DEVELOPMENT 10, 12, 13

RISK TAKING 8, 16

SELF-CONCEPT 4, 5, 9, 10, 20

SELF-ESTEEM 4, 5, 8, 10

SEX DIFFERENCES 3, 10

SEX EDUCATION 1, 7, 23

SEX ROLE 3, 11, 12, 17

SEXUAL DEVELOPMENT 3, 14

SEXUALITY 1, 5, 6, 8, 18, 21, 22, 23

SOCIAL DEVELOPMENT 1, 3, 7, 9, 15, 22, 25

SOCIALIZATION 15

STEPFAMILIES 2, 20

STEPPARENTING 16, 20

STRESS 9

SUBSTANCE ABUSE 5, 12, 16

SUBSTANCE ABUSE PREVENTION 2, 6, 24

TELEVISION RESEARCH 22

TELEVISION VIEWING 22

VALUES 3

VIETNAMESE 4

YOUTH ATTITUDES 3, 6, 19

FAMILIES WITH YOUNG ADOLESCENTS: A RESOURCE LIST

RESOURCES FOR PARENTS

About Suicide Among Young People. South Deerfield, Mass.: Channing L. Bete, 1986.

- SUICIDE

This simple booklet helps parents recognize danger signs, dispels myths about suicide, and gives hints on helping troubled youth. Well illustrated with pencil drawings.

Alibrandi, Tom. **Young Alcoholics**. Minneapolis: CompCare Publications, 1978.

- ALCOHOL ABUSE
- SUBSTANCE ABUSE PREVENTION

Alcoholism among teenagers has been rising over the past few years. Often parents and youth workers are unaware of the symptoms of alcoholism and unsure about treatment for young abusers. Alibrandi's book is a no-nonsense look at teenage alcoholism. He explains how parents can identify the symptoms, where to look for the best treatment, and why alcohol-abuse education and prevention are important.

Baker, Pat. **Help! I've Just Given Birth to a Teen-ager**. Grand Rapids, Mich.: Baker Book House, 1981.

- COMMUNICATION
- DISCIPLINE
- PARENT-ADOLESCENT RELATIONSHIP

The author, writing from a layman/parent point of view, draws on her own experiences in order to help parents as they guide their children through adolescence. "Time out" sections throughout the book provide tangible methods and suggestions to communicate with members of the family about such issues as self-image, rules and choices, and attitudes toward sex.

Bauman, Lawrence, with Robert Riche. **The Nine Most Troublesome Teenage Problems and How to Solve Them**. Secaucus, N.J.: Lyle Stuart, 1986.

- COMMUNICATION
- PARENT-ADOLESCENT RELATIONSHIP

According to the author, the nine most frequently encountered problems during the teenage years are lack of responsibility, anger, lying, boredom, scholastic failure, communication, lack of friends or having the wrong kind of friends, and dealing with questions of sexuality. Dr. Bauman encourages parents and other adults who work with adolescents, to think of ways they can resolve these problems. He sees open communication as the key element in the problem solving process. A list of organizations and addresses is given for those needing professional assistance.

Bayard, Robert T., and Jean Bayard. **How to Deal with Your Acting-Up Teenager: Practical Self-Help for Desperate Parents.** New York: Evans, 1981.

- BEHAVIOR PROBLEMS
- PARENT-ADOLESCENT RELATIONSHIP

The authors, a team of psychiatrists, present an immediate, practical approach for coping with adolescent behavior problems. They emphasize the parents' right to contentment as well as the acceptance of responsibility by the adolescent for his/her actions.

Bell, Ruth, and Leni Zeigler Wildflower. **Talking with Your Teenager: A Book for Parents**. New York: Random House, 1983.

- ADOLESCENT DEVELOPMENT
- COMMUNICATION
- PARENT-ADOLESCENT RELATIONSHIP

A balanced, comprehensive, readable book for parents, this volume includes a general discussion on adolescence, followed by chapters on communication, puberty, emotional health, sexuality, substance abuse, and issues in parents' lives.

Berman, Claire. **Stepfamilies - A Growing Reality**. New York: Public Affairs Committee, 1982. (Available from: Public Affairs Committee, 381 Park Ave. S., New York, NY 10016.)

- PARENTING
- STEPFAMILIES

This concise booklet deals with problems and adjustments which commonly occur in stepfamilies. Helpful organizations and resource lists for parents and adolescents are included.

Blume, Judy. **Letters to Judy: What Kids Wish They Could Tell You.** New York: Pocket Books, 1986.

- COMMUNICATION
- PARENT-ADOLESCENT RELATIONSHIP
- SEXUALITY

Parents can use letters from this collection to stimulate communication with their children on a wide range of topics that include divorce, sexuality, popularity, abuse, disabilities, and mental problems.

Brusko, Marlene. **Living with Your Teenager.** New York: McGraw-Hill, 1986.

- COMMUNICATION
- DISCIPLINE
- PARENT-ADOLESCENT RELATIONSHIP

This work strikes a balance between authoritarian and permissive parenting and addresses a wide range of topics from "aggravations" to "serious problems." There is a section on communication and a chapter on "Where to Get Help."

Calderone, Mary S., and Eric W. Johnson. **The Family Book about Sexuality.** New York: Harper & Row, 1981.

- SEX EDUCATION
- SEXUALITY

Two outstanding experts on sexuality and sex education have successfully collaborated to bring families a broad range of information on reproduction, sex, and sex problems. The format provides comprehensive overviews on a broad range of topics and an A-Z Encyclopedia for quick reference. Intended for the entire family.

Calderone, Mary S., and James W. Ramey. **Talking With Your Child About Sex: Questions and Answers for Children from Birth to Puberty.** New York: Random House, 1982.

- SEX EDUCATION
- SEXUALITY

The authors wrote this book to help children accept their sexuality as a normal part of life. The questions and answers reflect a keen understanding of a child's needs during different stages of development.

Canfield, Jack, and Harold C. Wells. **100 Ways to Enhance Self-Concept in the Classroom: A Handbook for Teachers and Parents.** Englewood Cliffs, N.J.: Prentice-Hall, 1976.

- SELF-CONCEPT
- SELF-ESTEEM

This handbook consists of 100 exercises designed to stimulate young people to think about themselves in original ways, and to form positive self-images. These thought-provoking ideas may also be used by parents to promote communication within the family.

Changes and Choices: Your Children and Sex. Washington, D.C.: Department of Health and Human Services, 1980. (HSA 80:5647)

- SEX EDUCATION
- SEXUALITY

This booklet outlines changes in society's attitudes towards sex and guides parents in helping their children make choices for themselves concerning sexual attitudes and behaviors.

Clabby, John F., and Maurice J. Elias. **Teach Your Child Decision Making: An Effective, 8-Step Program for Parents to Teach Children to Solve Everyday Problems and Make Sound Decisions.** Garden City, N.Y.: Doubleday, 1986.

- CONFLICT RESOLUTION
- DECISION MAKING

The authors describe their tested method of teaching children responsible decision making skills. They include a detailed questionnaire for parents to help them analyze their parenting styles before teaching their children the necessary skills for solving everyday problems on their own.

Clark, Aminah, Harris Clemes, and Reynold Bean. **How to Raise Teenagers' Self-Esteem.** Rev. ed. Los Angeles: Price, Stern, Sloan, 1980.

- SELF-CONCEPT
- SELF-ESTEEM

This practical handbook gives numerous examples in a step-by-step model. It is designed to enhance understanding of adolescents and to provide clear procedures for helping teenagers deal with negative feelings and for helping them develop and maintain a positive self image.

Clark, Kay. **Talking with Your Son about Birth Control.** Santa Cruz, Calif.: Network Publications, 1985. (Available from: Network Publications, P.O. Box 8506, Santa Cruz, CA 95016.)

- CONTRACEPTION
- PREGNANCY PREVENTION

This pamphlet gives concise information and tips for talking to adolescent boys about sex and pregnancy prevention. It includes a resource list for parents and teens.

Clarke, Jean Illsley. **Self-Esteem: A Family Affair.** Minneapolis: Winston, 1978.

- COMMUNICATION
- SELF-CONCEPT
- SELF-ESTEEM

The author begins with the premise that "positive self-esteem is important for children, for adults, and for our culture." Through examples taken from eight families, she discusses ways in which families can promote self-esteem. Material is based on the techniques and theories used in Transactional Analysis. Each chapter deals with a particular age group and provides reference sheets that can be used as activity guides. A leader's guide is available for support groups and workshops.

Clemes, Harris, and Reynold Bean. **Self-Esteem: The Key to Your Child's Well-Being.** New York: Kensington, 1981.

- SELF-CONCEPT
- SELF-ESTEEM

The authors define four basic components of self-esteem: connectiveness, uniqueness, power, and models. They explain how these elements are essential to healthy development, and illustrate ways to transmit self-esteem and a sense of confidence and well-being to one's children.

Coles, Robert, and Geoffrey Stokes. **Sex and the American Teenager.** New York: Harper & Row, 1985.

- SEXUALITY
- YOUTH ATTITUDES

Based on a survey of 1,067 teenagers, and personal interviews with a number of the participants, the authors paint a detailed and intimate portrait of teens' attitudes towards sex, love, their own sexuality, and their sexual behavior. This book provides guidance for parents and adolescents as well as information that is valuable to policymakers and others concerned with sex education, birth control, and family planning.

Comer, James P., and Alvin F. Poussaint. **Black Child Care.** New York: Pocket Books, 1975.

- BLACK FAMILY
- CHILD CARE

Raising black children poses unique issues for parents. These authors discuss special parenting concerns, such as dealing with racial attitudes, peer pressure, the role of education in the black community, busing, intelligence, and testing. Parents with young adolescents should find the chapters entitled "The Elementary-School-Age Child, Ages Nine to Twelve" and "Adolescence" of special interest. An extensive list of additional reading is included.

Cretcher, Dorothy. **Steering Clear: Helping Your Child through the High-Risk Drug Years.** Minneapolis: Winston, 1982.

- SUBSTANCE ABUSE PREVENTION

The author addresses many of the underlying problems which lead to drug abuse and gives an overview of young people and drugs. She discusses various drugs, including alcohol, and talks about prevention and treatment. This is a concise, well-researched, easy-to-read information source.

Davitz, Lois Liederman, and Joel Robert Davitz. **How to Live (Almost) Happily with a Teenager.** Minneapolis: Winston, 1982.

- COMMUNICATION
- DISCIPLINE
- PARENT-ADOLESCENT RELATIONSHIP

Parenting teens requires more than love, concern, and sympathetic understanding, according to the authors, who offer advice on what they term "rational parenting." Rational parenting involves honesty, forthrightness, mutual respect, and knowing when and when not to take an active role in the lives of one's teenage children.

Delaine, John K. **Who's Raising the Family? A Workbook for Parents and Children.** Madison: Wisconsin Clearinghouse, 1981. (Available from: Wisconsin Clearinghouse, 1954 East Washington Ave., Madison, WI 53704.)

- DECISION MAKING
- SUBSTANCE ABUSE PREVENTION

This book is dedicated to the ideal of preventing drug abuse by helping parents guide their children in responsible decision making. It is written clearly and simply and includes discussion starters, exercises for young people, and facts about drug/alcohol use and abuse.

Diamond, Susan Arnsberg. **Helping the Children of Divorce: A Handbook for Parents and Teachers.** New York: Schocken Books, 1985.

- DIVORCE
- PARENT-SCHOOL RELATIONSHIP

This practical guide offers suggestions to school personnel about ways to recognize and meet the particular needs of children whose parents are divorced. It also suggests to single parents ways in which they can communicate more successfully with their children's schools. Checklists for teachers, parents, administrators, and counselors, and an annotated bibliography of additional resources are particularly useful.

Einstein, Elizabeth. **The Stepfamily: Living, Loving, & Learning.** New York: Macmillan, 1982.

- STEPFAMILIES
- STEPPARENTING

This book offers information and advice on how to create a positive atmosphere within the stepfamily. The author draws from her own experience as a stepchild and a stepparent, and from interviews with members of 50 other stepfamilies.

Elkind, David. **All Grown Up & No Place To Go: Teenagers in Crisis.** Reading, Mass.: Addison-Wesley, 1984.

- ADOLESCENT DEVELOPMENT
- SOCIAL DEVELOPMENT

Continuing to focus on the "hurried child," Elkind discusses the consequences of rushing children into premature adulthood. He describes his book as "child psychology for intelligent parents."

Elkind, David. **The Hurried Child: Growing Up Too Fast, Too Soon.** Reading, Mass.: Addison-Wesley, 1981.

- MENTAL HEALTH
- SOCIAL DEVELOPMENT
- STRESS

Indicting parents, the media, and schools, Elkind believes that American children are growing up too fast. In the first half of this book, Elkind presents a portrait of childhood and advances the idea that hurrying children prevents them from being children. The second part deals with the stress caused by hurrying development and how childhood stress is soon replaced by adult anxiety. His observations are primarily of white, middle-class children.

Fairchild, Betty, and Nancy Hayward. **Now That You Know: What Every Parent Should Know About Homosexuality.** New York: Harcourt Brace Jovanovich, 1979.

- HOMOSEXUALITY

This guide is for parents who have homosexual children. The authors, both mothers of homosexuals, discuss the nature of homosexuality and how it affects the lives of parents and their children. They describe how to respond supportively to homosexual children and how to keep families together in a bond of understanding and affection.

Farel, Anita M. **Early Adolescence: What Parents Need to Know.** Carrboro, N.C.: Center for Early Adolescence, University of North Carolina at Chapel Hill, 1982.

- ADOLESCENT DEVELOPMENT
- PARENTING

This booklet discusses some of the special challenges facing 10- to 15-year-olds and identifies information parents want and need to know as their children approach adolescence. An annotated bibliography is also included.

Felker, Evelyn. **Raising Other People's Kids: Successful Child-Rearing in the Restructured Family.** Grand Rapids, Mich.: William B. Eerdmans, 1981.

- ADOPTION
- STEPFAMILIES

This book is written for adults raising children who are not their own. The author addresses issues affecting those families, such as good weekend parenting, effective limit setting, rivalry among children, and special emotional problems. She emphasizes that the disciplinary methods parents use must be appropriate to children's ages.

Fine, Louis L. **After All We've Done For Them: Understanding Adolescent Behavior.** Englewood Cliffs, N.J.: Prentice-Hall, 1977.

- ADOLESCENT DEVELOPMENT
- PARENT-ADOLESCENT RELATIONSHIP

Parents often find the teenager's quest for independence painful and confusing. Feeling cast aside, many parents resent young people's struggle for autonomy. Fine, a specialist in child and adolescent medicine, writes from the conviction that if parents understand some of the characteristics of adolescent development, they will be able to respond more appropriately to the special needs of their teenage children. He includes chapters on sexuality, drug use, and depression.

Gardner, Richard A. **The Parents Book about Divorce.** New York: Bantam Books, 1977.

- DIVORCE

A child psychologist offers in-depth guidance for parents whose children are confronted with the adjustments and possible problems of separation or divorce. This reference guide also includes a comprehensive index.

Giffin, Mary, and Carol Felsenthal. **A Cry for Help: Exploring and Exploding the Myths about Teenage Suicide--A Guide for All Parents of Adolescents.** Garden City, N.Y.: Doubleday, 1983.

- SUICIDE

Giffin, a psychiatrist, reviews actual case histories and shares what she has learned about the suicide-prone teenager. She focuses on adolescent depression and on what to do and what not to do in a suicide crisis.

Gitchel, Sam, and Lorri Foster. **Let's Talk About S-E-X: A Read-and-Discuss Guide for People 9 to 12 and Their Parents.** Fresno, Calif.: Planned Parenthood, 1983. (Available from: Planned Parenthood of Fresno, 633 North Van Ness Ave., Fresno, CA 93728.)

- SEX EDUCATION
- SEXUALITY

This book is intended to help young teens and their parents develop better communication techniques, especially when discussing sex. It is simply written, and contains illustrations, exercises, and discussion questions. (Also available in Spanish, **Hablemos Acerca del...s-e-x-o.**)

Gordon, Sol, and Judith Gordon. **Raising a Child Conservatively in a Sexually Permissive World.** New York: Simon and Schuster, 1983.

- SEX EDUCATION
- SEXUALITY

The authors promote parents as the principal sex educators of their children and encourages the creation of a healthy attitude about sex by being informed, approachable parents. Provides "guidance for sexual communication between parents and their offspring." This work is also a good source book for children and contains an extensive resource list for parents.

Gordon, Thomas. **What Every Parent Should Know.** Chicago: National Committee for Prevention of Child Abuse, 1975.

- CHILD ABUSE
- COMMUNICATION
- DISCIPLINE

This booklet is a condensation of Gordon's Parent Effectiveness Training techniques. By changing and improving communication and problem solving skills, parents can break the destructive cycles that may lead to child abuse.

Gould, Shirley. **Teenagers: The Continuing Challenge.** New York: Hawthorn Books, 1977.

- ADOLESCENT DEVELOPMENT
- PARENT-ADOLESCENT RELATIONSHIP
- PARENTING

For adolescents to mature, they must begin to achieve some independence from their parents. Recognizing that all healthy families struggle with raising adolescents, this book is designed to help parents develop better relationships with their teenagers. The author also addresses some of the special problems faced by stepparents and divorced parents.

Hechinger, Grace. **How to Raise a Street-Smart Child: The Complete Parent's Guide to Safety on the Street and at Home.** New York: Facts on File, 1984.

- SAFETY EDUCATION
- SEXUAL ABUSE

Aimed primarily at urban and suburban parents, this guide offers practical advice on how to teach children, from preschool to adolescence, to live safely in an often unsafe environment. Topics covered include mugging, sexual abuse, theft, gangs, traffic safety, and safety at home.

Helping Youth Decide. Alexandria, Va.: National Association of State Boards of Education, 1984. (Available from: National Association of State Boards of Education, P.O. Box 1176, Alexandria, VA 22313.)

- COMMUNICATION
- COMMUNICATION TECHNIQUES
- PARENT-ADOLESCENT RELATIONSHIP

This short booklet for parents was designed to help them communicate with their adolescent children. It offers simple suggestions for effective talking and listening. A questionnaire is also included for parents and youth to take together.

Hill, Margaret. **Parents and Teenagers.** New York: Public Affairs Committee, 1973. (Available from: Public Affairs Committee, 381 Park Ave. S., New York, NY 10016.)

- BEHAVIOR
- PARENT-ADOLESCENT RELATIONSHIP

Parents who want an introduction to adolescent behavior will find this brief pamphlet helpful. It explains the adolescent's need to develop a unique identity while still relying on parents for emotional support and understanding. Hill emphasizes that through straightforward communication, parents may find their teenagers are willing to discuss feelings and attitudes, and may in fact not be as distant as their parents think. A list of suggested reading is included.

Hofstein, Sadie. **Talking to Preteenagers about Sex.** New York: Public Affairs Committee, 1972. (Available from: Public Affairs Committee, 381 Park Ave. S., New York, NY 10016.)

- SEX EDUCATION
- SEXUALITY

This concise booklet contains information about the sex-related concerns of young adolescents. It helps parents to communicate with preteens about many issues, including puberty, menstruation, pornography, and pregnancy. A list of resources is included.

Hooper, Judith O. **Living with Your Teenager.** Madison: University of Wisconsin--Extension, 1981. (Available from: University of Wisconsin--Extension, Agricultural Bulletin Building, 1535 Observatory Dr., Madison, WI 53706.)

- PARENT-ADOLESCENT RELATIONSHIP

This series of bulletins is an excellent source of readings on various topics of interest to parents as well as to those who work with teenagers. Titles include: "Understanding Changes in Thinking" (B2965) 5; "Understanding Emotional Changes" (B2981) 10; and "The Changing Parent-Child Relationship" (B2969) 5. Order by serial number and title.

How to Talk to Your Teenager. Salt Lake City: Church of Jesus Christ of Latter-Day Saints, 1982. (Available from: Church of Jesus Christ of Latter-Day Saints, Public Communications Dept., 50 East North Temple St., Salt Lake City, UT 84150.)

- COMMUNICATION
- PARENT-ADOLESCENT RELATIONSHIP

This inexpensive, short, nonsectarian pamphlet, written by parents, gives advice and hints on communicating with their adolescents. Topics covered include "How do you get through to your kids?" and "How do you talk so they'll listen--and so they'll talk?"

How to Talk to Your Teenagers about the Facts of Life. Rev. ed. New York: Planned Parenthood Federation of America, 1984.

- COMMUNICATION
- SEX EDUCATION
- SEXUAL DEVELOPMENT
- SEXUALITY

This concise booklet contains information about sexual development, contraception, venereal disease, and other topics related to human sexuality. Offers concrete suggestions for talking with children and provides resource lists for parents and teens.

How to Talk With Your Child about Sexuality. Garden City, N.Y.: Doubleday, 1986.

- COMMUNICATION
- SEXUALITY

This work addresses the problem of communication with one's children about sexual concerns, and gives guidelines on how to listen and answer questions about such sensitive topics as sexual development, sexuality, values, contraception, and dealing with the consequences of behavior.

Isaacs, Susan. **Who's In Control? A Parent's Guide to Discipline.** New York: Putnam, 1986.

- DISCIPLINE

Isaacs provides an array of skills that quickly and simply show parents what to do to change their discipline style to make it more effective.

Jewett, Claudia L. **Helping Children Cope with Separation and Loss.** Boston: The Harvard Common Press, 1982.

- COPING
- DEATH
- DIVORCE

The author, a family therapist, presents practical techniques that parents, guardians, and professionals can use to help children cope with parental absence due to death, divorce, foster care, or adoption.

Kersey, Katharine C. **The Art of Sensitive Parenting: The 10 Master Keys to Raising Confident, Competent, and Responsible Children.** Washington, D.C.: Acropolis Books, 1986.

- ADOLESCENT DEVELOPMENT
- CHILD REARING

Using a 10-step program, this handbook offers advice to parents on how to rear their children to become confident, competent, and independent adults.

Kersey, Katharine. **Helping Your Child Handle Stress: The Parent's Guide to Recognizing and Solving Childhood Problems.** Washington, D.C.: Acropolis Books, 1986.

- STRESS

This guidebook offers advice to parents on helping their children handle stressful situations such as illness, adoption, school, moving, divorce, crime, death, and living in stepfamilies.

Kolodny, Robert C., et al. **How to Survive Your Adolescent's Adolescence.** Boston: Little, Brown, 1984.

- ADOLESCENT DEVELOPMENT
- COMMUNICATION
- PARENTING

This reference manual identifies and discusses a broad spectrum of issues related to adolescent development. The author advocates communication, honesty, positive parenting, and preparation by the parent for potential crises before they arise. Contains sections on problem solving and seeking professional help when necessary.

Lerner, Richard M., and Nancy L. Galambos, eds. **Experiencing Adolescents: A Sourcebook for Parents, Teachers, and Teens.** New York: Garland, 1984.

- ADOLESCENT DEVELOPMENT
- HEALTH
- PARENTING
- PEER RELATIONSHIPS
- SUBSTANCE ABUSE

This work provides a scholarly review of the literature on various aspects of adolescent development, and details suggestions for dealing with these issues. It includes a resource list and an annotated reference list.

Lewis, Howard R., and Martha E. Lewis. **Sex Education Begins at Home: How to Raise Sexually Healthy Children**. Norwalk, Conn.: Appleton-Century-Crofts, 1983.

- SEX EDUCATION
- SEXUAL DEVELOPMENT
- SEXUALITY

This balanced, practical guide offers information about sexual development, insights into parents' and childrens' concerns about various aspects of human sexuality, and suggestions to parents for sharing their knowledge and values with their children. Contains a comprehensive resource list.

Lipsitz, Joan Scheff. **"Adolescent Development: Myths and Realities."** Children Today, 8, No. 5 (Sept./Oct. 1979), 2-7. (Also available from The Center for Early Adolescence.)

- ADOLESCENT DEVELOPMENT

This article discusses how society's stereotype portrays adolescence as a pathological condition and why this portrayal is false. Lipsitz describes the developmental tasks faced by young adolescents, with a view toward increasing knowledge about the age group.

Lyman, Marilyn. **Sex Education at Home**. Syracuse: Planned Parenthood of Syracuse, 1974. (Available from: Planned Parenthood of Syracuse, 1120 East Genesee St., Syracuse, NY 13210.)

- SEX EDUCATION
- SEXUALITY

This booklet is designed to help parents become better sex educators of their children. The author offers suggestions for teaching children at different ages, from infancy through adolescence.

Madaras, Lynda. **The What's Happening to My Body? Book for Girls: A Growing Up Guide for Parents and Daughters** and **The What's Happening to My Body? Book for Boys: A Growing Up Guide for Parents and Sons.** New eds. New York: Newmarket Press, 1987. (Available in Spanish from: Bilingual Publications Co., 1966 Broadway, New York, NY 10023.)

- PUBERTY
- SEX EDUCATION
- SEXUAL DEVELOPMENT

These books for parents and adolescents answer questions about changes that occur during puberty. New chapters have been added on AIDS, birth control and pregnancy, and romantic and sexual feelings. Anecdotes and true-life experiences are included.

Madison, Arnold. **Runaway Teens: An American Tragedy.** New York: Lodestar Books, 1979.

- RUNAWAYS

The author gives case studies of runaway children in a well-researched, informative book. Useful for children, parents, and those who come into contact with children who may be thinking of running away.

McCoy, Kathleen. **Coping with Teenage Depression: A Parents' Guide.** New York: New American Library, 1982.

- DEPRESSION

This comprehensive handbook helps parents to identify characteristics associated with depression and to deal with problem depression. The author gives short case histories, lists symptoms, and suggests ways parents can help their children. A state-by-state list of resources, medical clinics, and suicide prevention centers and hotlines is given as an appendix.

Moses, Donald A., and Robert E. Burger. **Are You Driving Your Children to Drink? Coping with Teenage Alcohol and Drug Abuse.** New York: Van Nostrand Reinhold, 1975.

- ALCOHOL ABUSE
- SUBSTANCE ABUSE

Although this book has valuable information on the use and abuse of alcohol and drugs, its principal purpose is to explore the possible causes of substance abuse. The chapters describing the signs of alcohol and drug abuse and the options available for abusers are especially helpful.

Mueller, Charles S. **Thank God I Have a Teenager.** Minneapolis: Augsburg Press, 1985.

- PARENT-ADOLESCENT RELATIONSHIP

Written by a Lutheran minister, this book discusses myths and facts about adolescents, changes that have occurred in marriage and the family, and how parents' ages affect relationships with their teenage children. The author offers suggestions for developing a positive family relationship within a Christian framework.

Nielsen, Linda. **How to Motivate Adolescents: A Guide for Parents, Teachers, and Counselors.** Englewood Cliffs, N.J.: Prentice-Hall, 1982.

- MOTIVATION
- MOTIVATIONAL TECHNIQUES

This practical guidebook presents specific methods of encouraging adolescents to improve their schoolwork and behavior. Many techniques are presented to help adolescents develop self management skills, understand themselves, and assist those who are experiencing school anxiety and/or learning disabilities. Suggestions to engage families and friends in stimulating motivation are also presented. Most of the material is addressed to youth workers and educators, but some chapters are meant to be of help to parents of young people as well.

Norman, Jane, and Myron W. Harris. **The Private Life of the American Teenager.** New York: Rawson, Wade, 1981.

- YOUTH ATTITUDES

This book is the result of a survey of more than 160,000 13- to 18-year-olds, as well as 100 extensive personal interviews conducted by the authors. Statements made by these young people, and statistics compiled from their completed questionnaires, help to reveal emotions and aspects of American teenagers' lives that are not often shared with adults. A wide array of topics ranging from social, family, and school life, to hopes and fears for the future are addressed.

Periods and Puberty: A Practical Guide for Parents. Cincinnati: Procter & Gamble, 1987. (Available from: Always Starter Kit Offer, P.O. Box 8857-K, Maple Plain, MN 55393.)

- MENSTRUATION
- PUBERTY

This booklet promotes parent involvement in the menstruation/puberty education process. It provides parents with practical information about the physical and psychological changes of puberty, and a discussion of what is normal. It is part of the Always Starter Kit for Teens, which also includes a booklet for girls and a selection of menstrual protection products.

Powell, Douglas. **Teenagers: When to Worry and What to Do.** Garden City, N.Y.: Doubleday, 1986.

- ADOLESCENT DEVELOPMENT
- BEHAVIOR PROBLEMS
- PARENT-ADOLESCENT RELATIONSHIP

The author has given parents a valuable tool for helping to distinguish between disturbing and disturbed behavior, and by providing suggestions for what to do about it. He covers normal adolescent development and a broad range of topics such as moodiness, conduct problems, transitional anxiety, and oppositional behavior. Contains resources for seeking outside help.

Reis, Beth, and Barb McGuire. **Talk to Me! About Sex, Love, and Life: A Guide for Mothers Interviewing Pre-Teen Girls and Talk to Me! About Sex, Love, and Life: A Guide for Fathers Interviewing Pre-Teen Boys.** Seattle: Planned Parenthood of Seattle-King County, 1983. (Available from: Planned Parenthood of Seattle-King County, 2211 East Madison, Seattle, WA 98112.)

- COMMUNICATION

These are booklets of 25 "starter" questions designed to encourage your child to open up and talk about any concerns he/she may have. The simple format gives hints on how to listen.

Samalin, Nancy, with Martha Moraghan Jablow. **Loving Your Child Is Not Enough: Positive Discipline that Works.** New York: Viking Penguin, 1987.

- DISCIPLINE

Using examples from parents who have participated in her parent guidance workshops, the author discusses successful, constructive ways of interacting with children. Chapters include "Avoiding Daily Battles," "Dealing with Anger," and "Setting Limits." An annotated resource list is included.

Sargeant, Ellen and Catherine Marjoribanks. **"Am I Getting Through to You?"** Toronto, Ont.: Planned Parenthood of Toronto, 1981. (Available from: Planned Parenthood of Toronto, 58 Shaftesbury Ave., Toronto, Ont. M4T 1A3.)

- COMMUNICATION
- SEXUALITY

This eight-page pamphlet, written for teenagers and parents, provides practical suggestions to enhance communication between them about sexuality concerns. The material can also be used as an aid to overcoming embarrassment or reluctance to talk about sex with one's children.

Saunders, Antoinette, and Bonnie Remsberg. **The Stress-Proof Child: A Loving Parent's Guide.** New York: Holt, Rinehart and Winston, 1984.

- STRESS

This handbook gives advice to parents on how to recognize physical and emotional stress in their child and gives the reader a multitude of exercises and practical techniques for "stress-proofing."

Scanzoni, Letha Dawson. **Sex Is a Parent Affair: A Responsible Guide for Teaching Your Children about Sex.** New York: Bantam, 1982.

- SEX EDUCATION

Many parents are concerned about teenagers' changing attitudes toward sex. Scanzoni begins with a discussion of the relationship between religion and sexuality. Subsequent chapters provide basic biological information for parents who want to explain these facts to their children. Questions that children frequently ask are given some attention. A resource list, organized according to age level, is both helpful and broad in scope.

Schaefer, Charles. **How to Influence Children: A Handbook of Practical Parenting Skills.** New York: Van Nostrand Reinhold, 1978.

- DISCIPLINE
- PARENTING

The purpose of this book is to help relieve the stresses of parenting by offering parents practical ideas in child guidance and discipline. Section one is devoted to Child Management Skills; section two introduces ways to Build Positive Family Relationships; and an appendix reviews some basic principles of child development.

Schowalter, John E, and Walter R. Anyan, Jr.. **The Family Handbook of Adolescence: A Comprehensive Medically Oriented Guide to the Years from Puberty to Adulthood.** New York: Alfred A. Knopf, 1981.

- ADOLESCENT DEVELOPMENT
- HEALTH
- PUBERTY

A child psychiatrist and a pediatrician offer straightforward, reliable, specific information for parents and adolescents. Covers health, parental issues, psychological problems, physical and emotional development, and sexual maturation and sexuality.

Schwarz, Meg, ed. **TV and Teens: Experts Look at the Issues.** Reading, Mass.: Addison-Wesley, 1982.

- TELEVISION RESEARCH
- TELEVISION VIEWING

This book of essays deals with television's potential to influence the attitudes and actions of today's adolescents and describes the ways in which television has succeeded in meeting their needs, and the ways it has failed them.

Talking with Your Son About Birth Control. Santa Cruz, Calif.: Network Publications, 1986. (Available from: Network Publications, P.O. Box 8506, Santa Cruz, CA 95016.)

- CONTRACEPTION
- PREGNANCY PREVENTION
- SEXUALITY

This pamphlet gives concise information and tips for talking to adolescent boys about sex and pregnancy prevention. Includes a resource list for parents and teens.

Tessler, Dianne Jane. **Drugs, Kids, and Schools: Practical Strategies for Educators and Other Concerned Adults.** Santa Monica: Goodyear, 1980.

- DRUG EDUCATION
- SUBSTANCE ABUSE PREVENTION

Educators and parents concerned about drug use in their communities will appreciate Tessler's direct approach. She presents a broad range of information about drugs and proposes ideas for drug-education programs. This material is designed to educate adults about substance abuse and to describe ways community agencies can cooperatively provide drug abuse prevention programs. The author includes a resource list of drug information agencies.

Thornburg, Hershel D. **The Bubblegum Years: Sticking with Kids from 9-13.** Tucson: H.E.L.P. Books, 1978. (Available from: H.E.L.P. Books, 1201 East Calle Elena, Tucson, AZ 85718.)

- ADOLESCENT DEVELOPMENT
- PARENT-ADOLESCENT RELATIONSHIP

This paperback book is designed to help parents increase their understanding of 9- to 13-year-olds. It is direct, practical, easy to read, and based on a clear understanding of developmental growth characteristics of young adolescents. Topics explored include social roles and friendships, sex, drugs, what makes a good school, and desirable parental behavior.

Tweddell, Millie. **Parents & Adolescents: The Journey and the Voyage of Life.** New York: Church Education Services, The United Presbyterian Church USA, 1981. (Available from: Church Education Services, The United Presbyterian Church USA, 475 Riverside Drive, Room 1101, New York, NY 10115.)

- ADOLESCENT DEVELOPMENT
- PARENT-ADOLESCENT RELATIONSHIP

The developmental stages of 11- to 14-year-olds and their parents are described in this resource for parents and leaders of young adolescents. The author compares the developmental stages of both generations and focuses on the importance of developing communication skills for better family relationships.

Walter, Esther. **How Can I Say It?: Staying Within Reach of Our Children When the Subject is Sex.** Des Moines: Planned Parenthood of Mid-Iowa, 1982. (Available from: Planned Parenthood of Mid-Iowa, P.O. Box 4557, Des Moines, IA 50306.)

- SEXUALITY

This booklet was designed to help parents "find words to talk about some of the sex subjects that are often difficult to talk about." It is a simple and straightforward information guide. A companion booklet for children and teens is available also.

Wilson, Earl D. **Try Being a Teenager: A Challenge to Parents to Stay in Touch.** Portland, Oreg.: Multnomah Press, 1982.

- COMMUNICATION
- PARENT-ADOLESCENT RELATIONSHIP

The author offers a Christian perspective regarding communication, discipline, understanding, and other aspects of parenting teens.

Winship, Elizabeth C. **Reaching Your Teenager.** Boston: Houghton Mifflin, 1983.

- COMMUNICATION
- PARENT-ADOLESCENT RELATIONSHIP
- RISK TAKING

The author of the nationally syndicated column "Ask Beth" shares her practical wisdom and experience with young people in this reassuring guide for parents. Discusses a wide range of issues and gives a list of suggested reading. Includes sections on positive and negative aspects of risk taking.

Youngs, Bettie B. **Stress in Children: How to Recognize, Avoid and Overcome It.** New York: Arbor House, 1985.

- STRESS

Youngs gives explicit techniques to help parents recognize stress (which she describes as "the twentieth-century disease") in their children with the aid of charts, tables, and self-administered quizzes. A grade-by-grade list of school stress signals is also included. As part of her stress management program, the author includes suggestions for time management, proper nutrition and exercise, improving problem-solving skills and self-concept as ways to avoid or overcome stress.

Zimbardo, Philip G., and Shirley L. Radl. **The Shy Child: A Parent's Guide to Preventing and Overcoming Shyness from Infancy to Adulthood.** New York: McGraw-Hill, 1981.

■ SHYNESS

The authors maintain that shyness can be cured. They present findings from extensive research and give parents strategies and tools to help their children overcome shyness. Two chapters deal specifically with adolescents.

Subject Index

ADOLESCENT DEVELOPMENT 32, 37, 38, 40, 43, 44, 46, 48, 49

ADOPTION 38

ALCOHOL ABUSE 31, 45

BEHAVIOR 41

BEHAVIOR PROBLEMS 32, 46

BLACK FAMILY 36

CHILD ABUSE 40

CHILD CARE 36

CHILD REARING 43

COMMUNICATION 31, 32, 33, 35, 36, 40, 41, 42, 43, 47, 50

CONFLICT RESOLUTION 34

CONTRACEPTION 35, 49

COPING 42

DEATH 42

DECISION MAKING 34, 36

DEPRESSION 45

DISCIPLINE 31, 33, 36, 40, 42, 47, 48

DIVORCE 37, 39, 42

DRUG EDUCATION 49

HEALTH 43, 48

HOMOSEXUALITY 38

MENSTRUATION 46

MENTAL HEALTH 37

MOTIVATION 46

MOTIVATIONAL TECHNIQUES 46

PARENT-ADOLESCENT RELATIONSHIP 31, 32, 33, 36, 38, 40, 41, 45, 46, 49, 50

PARENT-SCHOOL RELATIONSHIP 37

PARENTING 32, 38, 40, 43, 48

PEER RELATIONSHIPS 43

PREGNANCY PREVENTION 35, 49

PUBERTY 44, 46, 48

RISK TAKING 50

RUNAWAYS 45

SAFETY EDUCATION 40

SELF-CONCEPT 34, 35

SELF-ESTEEM 34, 35

SEX EDUCATION 33, 34, 39, 41, 42, 44, 48

SEXUAL ABUSE 40

SEXUAL DEVELOPMENT 42, 44

SEXUALITY 33, 34, 35, 39, 41, 42, 44, 47, 49, 50

SHYNESS 51

SOCIAL DEVELOPMENT 37

STEPFAMILIES 32, 37, 38

STEPPARENTING 37

STRESS 37, 43, 47, 50

SUBSTANCE ABUSE 43, 45

SUBSTANCE ABUSE PREVENTION 31, 36, 49

SUICIDE 31, 39

TELEVISION RESEARCH 48

TELEVISION VIEWING 48

YOUTH ATTITUDES 35, 46

RESOURCE LISTS AVAILABLE FROM THE CENTER FOR EARLY ADOLESCENCE

EARLY ADOLESCENCE: A Resource Directory

GENERAL READING ON EARLY ADOLESCENCE

EDUCATING YOUNG ADOLESCENTS: A Resource List

EARLY ADOLESCENT SEXUALITY: Resources for Parents, Professionals, and Young People

FAMILIES WITH YOUNG ADOLESCENTS: A Resource List

RESOURCES FOR YOUTH WORKERS AND PROGRAM PLANNERS